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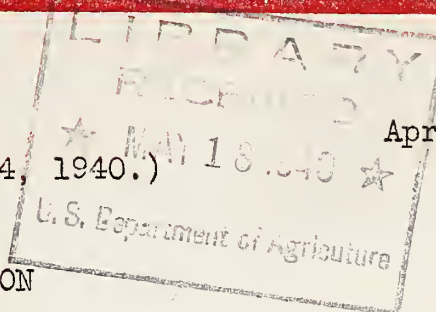




No. 425

(Digest of Market Basket for April 24, 1940.)

April 19, 1940.



## IRON

No longer is there any excuse for a dose of sulfur and molasses in the spring. That home-concocted tonic may have furnished some of the iron needed to make good red blood, but many of the foods in a well-chosen diet will supply the necessary iron in a more certain and more appetizing form.

Egg yolks are very rich in iron, and during the spring months, eggs are especially abundant and low in price. This is also the time of the year to get wild and cultivated greens while they are young and tender. Beet greens, chard, dandelion, mustard greens, spinach, turnip greens, and water cress are excellent sources of iron. New green cabbage, collards, sorrel, broccoli, brussels sprouts, and other green vegetables are also good.

Liver and other meat organs, such as kidney and heart, are richer in iron than muscle meats. Calf liver owes its present popularity to the fact that people recognize it as a valuable source of iron as well as other substances that must go into the making of red blood cells. But pork, beef, and lamb liver are similarly rich in iron and are lower in cost. Heart, kidney, and brains are also inexpensive sources of this mineral.

Both the whole-grain cereals and the legumes, such as dried peas and shell beans, will furnish generous amounts of iron. Soybeans are particularly good. And dried fruits suggest a way to include iron in any meal at relatively low cost. Serve prunes, apricots, or other dried fruits for breakfast or for dessert at any other meal.

